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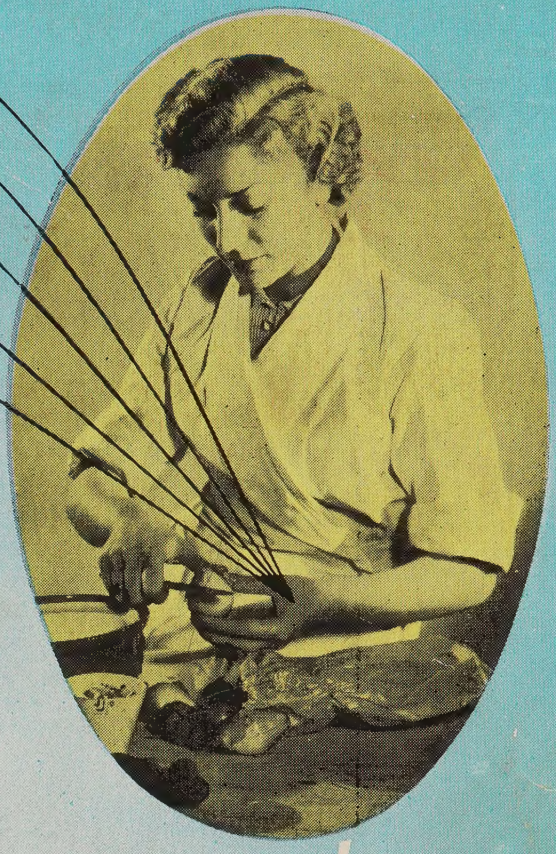

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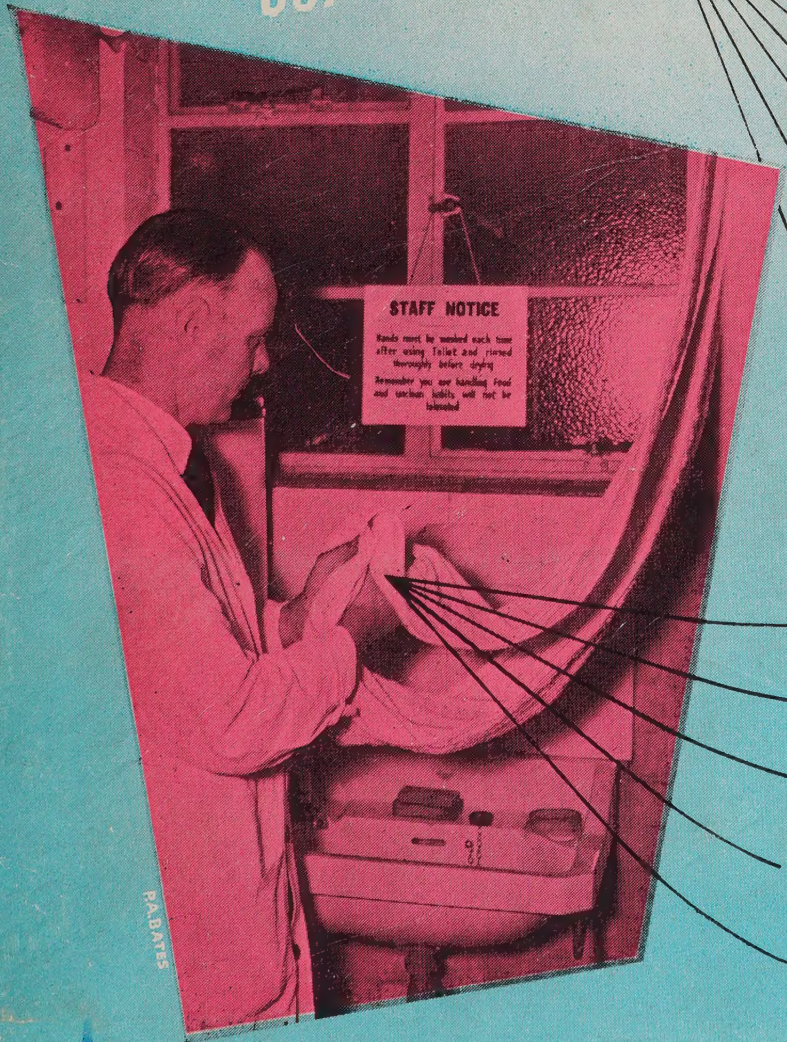

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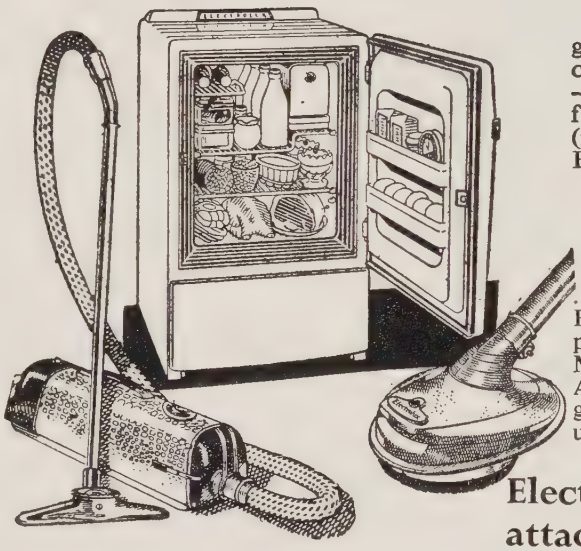

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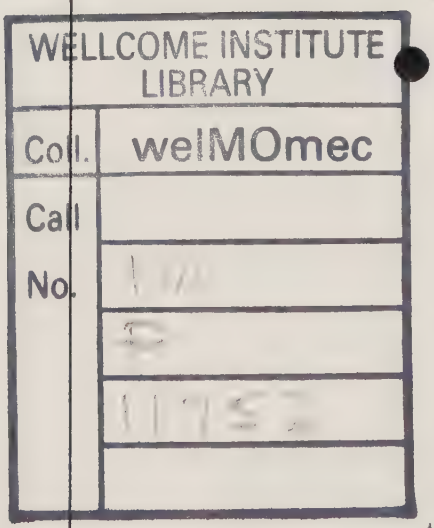

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A message from . . .

THE MEDICAL OFFICER OF HEALTH

If we are going to be honest with ourselves, I think we have to admit that the standard of Food Hygiene, generally, throughout this Country still leaves a lot to be desired. I would hasten to say that this is not entirely the fault of Food Traders, as the Public have a part to play as well, not only when shopping, but also in the home.

We do, of course, know that legislation does exist, which enables enforcing measures to be taken unless certain requirements are carried out, and, quite recently, this legislation has been strengthened, but, nevertheless, the Members of the Romford Borough Council do appreciate that the best results can only be achieved by the willing co-operation of all concerned, and they propose, therefore, to rely to a considerable extent upon this co-operation, and the goodwill of everyone.

It is for this purpose that the Council have decided to issue a certificate annually to the owners of food premises, where conditions comply with the Food Hygiene Regulations and the Council's Bye-laws, and where a percentage of the staff have attended a lecture on Food Hygiene. It is also expected that, quite voluntarily, the owners and staff will be prepared to adopt additional measures, which will be suggested to them, and which may not be covered by existing Regulations.

Whilst the staff of the Health Department are available to advise on all aspects of Food Hygiene, it has been felt that a Handbook of this nature would prove a valuable guide, and quick form of reference to many aspects of the subject.

In conclusion, I would say that a great deal could be achieved, first of all if those engaged in the storage, preparation and sale of food would observe the simple rules of general cleanliness, and, in the second place, if they would reduce the handling of food to a minimum.

James B. Samson

M.D., D.P.H.
MEDICAL OFFICER OF HEALTH.

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The Council's Part

The responsibilities of the Council with regard to food hygiene and food standards are very wide, in fact the duty of seeing that your food is pure, hygienically handled, correctly labelled, and in all respects fit for human consumption, rests at the Town Hall.

The officer who carries out these duties for the Council is the Public Health Inspector.

Briefly, the duties of the Public Health Inspector with respect to the handling and sale of food are as follows:—

(i) Inspection of meat at the time of slaughter.
(ii) Inspecton of food.
(iii) Inspection of food factories, shops, restaurants and stalls.
(iv) Sampling of food for chemical analysis and for bacteriological examination.

INSPECTION OF MEAT

There are three private licensed slaughterhouses within the Borough. Every animal which is slaughtered in the Borough is inspected by one of the Health Inspectors. If the carcase and the offal are free of disease and quite fit for human consumption the carcase is stamped with the Inspector's own individual mark, thus:—

All of the Health Inspectors appointed by the Romford Borough Council are fully qualified Inspectors of meat and other foods, and the inspection of meat at the time of slaughter is the first line of defence against food poisoning. Much time is devoted to this work to ensure that a 100% inspection of all animals slaughtered for human consumption is maintained, as is shown in the illustrations on the following page.

INSPECTION OF FOOD

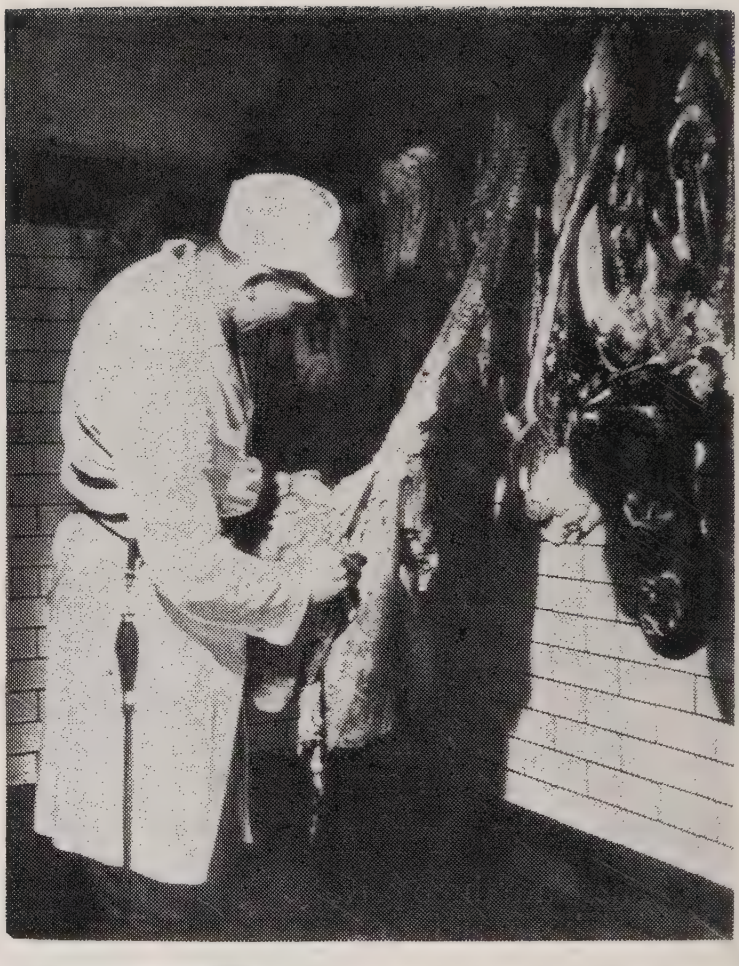
Public Health Inspectors have the power to examine any food which is intended for human consumption at any time during the course of production, distribution and sale. This means that food factories, depots, markets, shops, restaurants, public houses, hotels, canteens, vehicles and stalls are liable to be visited at any time and the Health Inspector has the power to seize any unsound food and remove it, and the proprietor of the business may be prosecuted.

In practice, however, Health Inspectors and traders co-operate closely and the Inspectors are frequently called into food premises by

★

Every animal slaughtered in the Borough is inspected by one of the Health Inspectors. Here, organs from a bullock are being examined.

★



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This inspector is examining a newly-slaughtered carcase of beef—he is the first line of defence against food poisoning.

★

the traders themselves to examine suspected food, and to arrange for its disposal if it is found to be unfit (*the inspector above is examining tinned food*).

INSPECTION OF FOOD PREMISES

One of the most important duties of the Council, through its Inspectors, is to ensure that all food premises and vehicles are inspected to see that the requirements of the law relating to food handling and hygiene are observed. "Food Premises" includes all the different types of premises listed above. Legally, if a Health Inspector, during the course of a visit, discovers a breach of the law, the proprietor or the member of his staff contravening the law, may be prosecuted by the Council without further notice. Again it is found that the co-operation between Inspectors and traders is generally very good, and except in very bad or flagrant cases the Inspector will advise the trader of the requirements of the law, and give him time to carry out any necessary repair.

SAMPLING OF FOOD FOR ANALYSIS

It is an offence to sell any article of food which is not of the nature, substance or quality demanded by the purchaser. In plain English, if you enter a restaurant, for example, and ask for bread and butter, it is an offence for the proprietor to sell you bread and margarine. If you ask for a whisky, it must be 65° proof spirit, or more if the label on the bottle says so.

In fact all foods must contain the ingredients stated on the label attached to the container and where there is a legal standard laid down,

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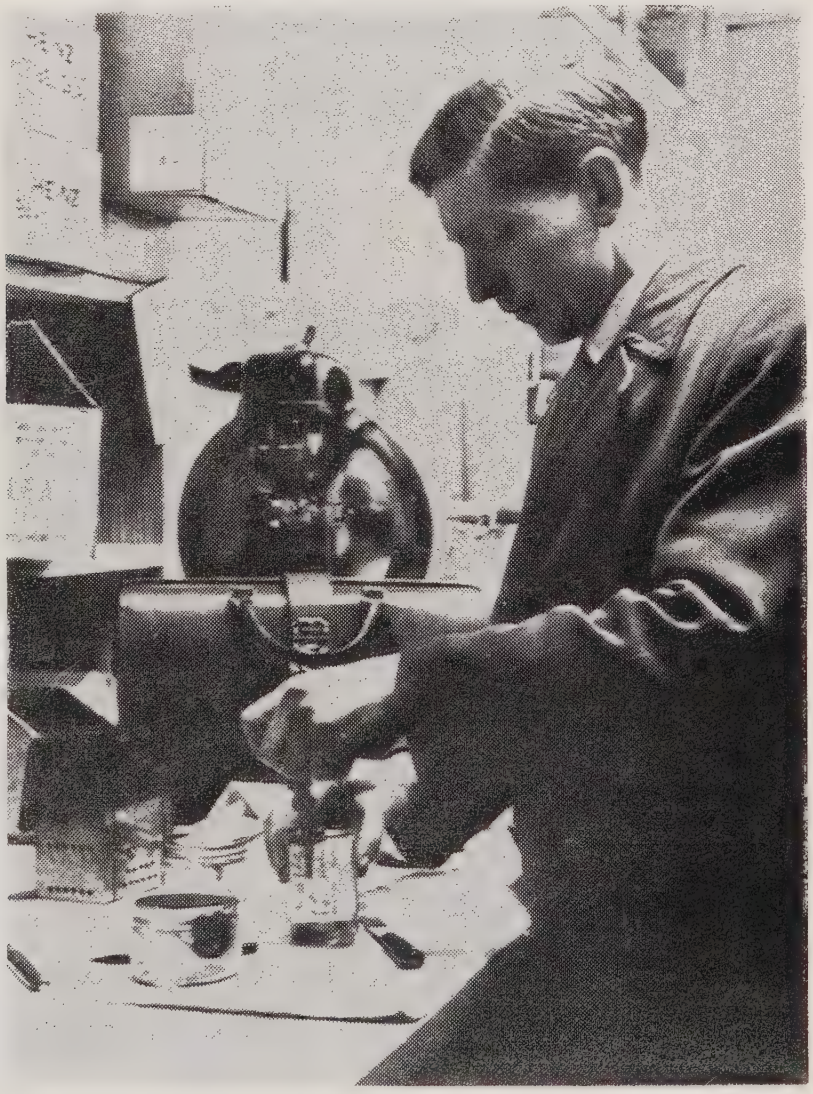
the food must comply with this standard. It is the Council's duty to see that this law is enforced, and this is done by systematic food sampling.

There are two types of food sample, formal and informal. In taking a formal example, the sampling officer will enter a shop and ask for the article in the same way as an ordinary customer. When the purchase is complete the officer states that he is a sampling officer and that the sample has been purchased for analysis. It is then divided into three portions and packed and sealed with wax. One portion is retained by the retailer, one by the Council and the remaining portion is analysed by the Public Analyst. Should the analyst find the sample not up to standard the Council has then little option but to take legal proceedings.

An informal sample is really a spot check. An article of food is often purchased without the vendor knowing the identity of the sampling officer. It is sent to the analyst without any formalities. Should an informal sample be sub-standard the Council cannot take any legal action, but a formal sample of the same product usually follows. In fairness to the vendor, he is usually advised that an informal sample has in fact been taken and found to be unsatisfactory, and in the case of pre-packed foods the matter is taken up with the manufacturers.



An officer puts his seal on a formal sample. One of the three portions into which it is divided is retained by the shopkeeper.

SAMPLING FOR BACTERIOLOGICAL EXAMINATION

Certain items of food, particularly milk and ice cream, are frequently sampled for bacteriological examination to ensure that they comply with the required standards (*a sample of milk is seen being taken below*).

Members of the public frequently bring suspect items of food to the Health Department. If on inspection they are found to be unsound and it can be established that they were sold in an unsound condition, the Council can take action against the vendor.

The Council's duties, therefore, are extensive, but the Health Inspectors obviously cannot be continually watching every shop in the Borough, even if this were necessary, and therefore the goodwill and co-operation of traders and their staffs is essential, but in any case most traders have realised long since that food hygiene is not only a moral duty but an economic necessity, and the Health Inspector is welcomed rather than feared.

The public also has a duty in this respect. The Council and the trade spend vast sums of money and time in seeing that food is sold in a clean and wholesome condition. All these precautions are rendered valueless if the housewife in her turn does not observe the simple rules of hygiene in her own kitchen. The housewife holds the key to her family's health in her own hands.

The best way in which the public can assist the Councils' officers to secure and maintain a good standard of food hygiene in the district is to boycott the dirty and unhygienic trader, and make clean food—good business.

they are making sure . . .

Ice cream (and milk) are frequently sampled to ensure they comply with certain fixed standards.
Here, two inspectors are taking such a sample.

★

. . . the product is pure

A corner of a well-equipped ice cream factory showing a worker wearing protective clothing packaging ices for delivery.
Note the cleanliness of the lay-out.

★

ROMFORD BOROUGH COUNCIL

CLEAN FOOD CAMPAIGN

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Chairman Public Health Committee

Medical Officer of Health

* THIS CERTIFICATE IS

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Where You Can Shop With

(Photo Studio Lisa)

Confidence . . .

On the opposite page is a replica of the **Food Hygiene Certificate,** issued by the Romford Borough Council.

Before a shop can display such a Certificate, the Council must be satisfied that the premises have attained and maintained a high standard of cleanliness and comply not only with the requirements of the Food Hygiene Regulations, 1955, but also the requirements of the Council's Clean Food Campaign.

One of the requirements is that at least 70% of the Staff employed in the shop have attended a lecture, given by the Sanitary Inspectors, on Food Hygiene. Therefore you can shop in confidence at any premises where one of these Certificates is displayed, feeling assured that every effort is made to keep your food safe.

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Food Hygiene and Handling

By H. C. BOSWELL, M.R.S.H., M.S.I.A.
CHIEF PUBLIC HEALTH INSPECTOR
ROMFORD BOROUGH COUNCIL

What is Food Hygiene and what is its purpose?

This is a question that is often asked and in my opinion can be answered in the following terms. Food Hygiene in its widest sense embraces all aspects of the storage, distribution, handling, preparation and serving of all foods.

Briefly, it means the handling of food in such a manner that it is kept as far as possible in a safe, clean condition and cannot be the means of spreading infection of any kind among consumers.

Food Hygiene is apt to be considered only as a measure to prevent Food Poisoning. This is not entirely correct, for although food poisoning has been given great publicity and is the most common danger arising from the bad handling or storage of food, it must always be borne in mind that other infectious diseases such as Typhoid, Dysentery, Undulant Fever, Tuberculosis, Diphtheria and Scarlet Fever can be transmitted by food.

It therefore follows that the greatest care must be observed by everyone engaged in the handling, preparation and distribution of food, in order to prevent the initial contamination by bacteria.

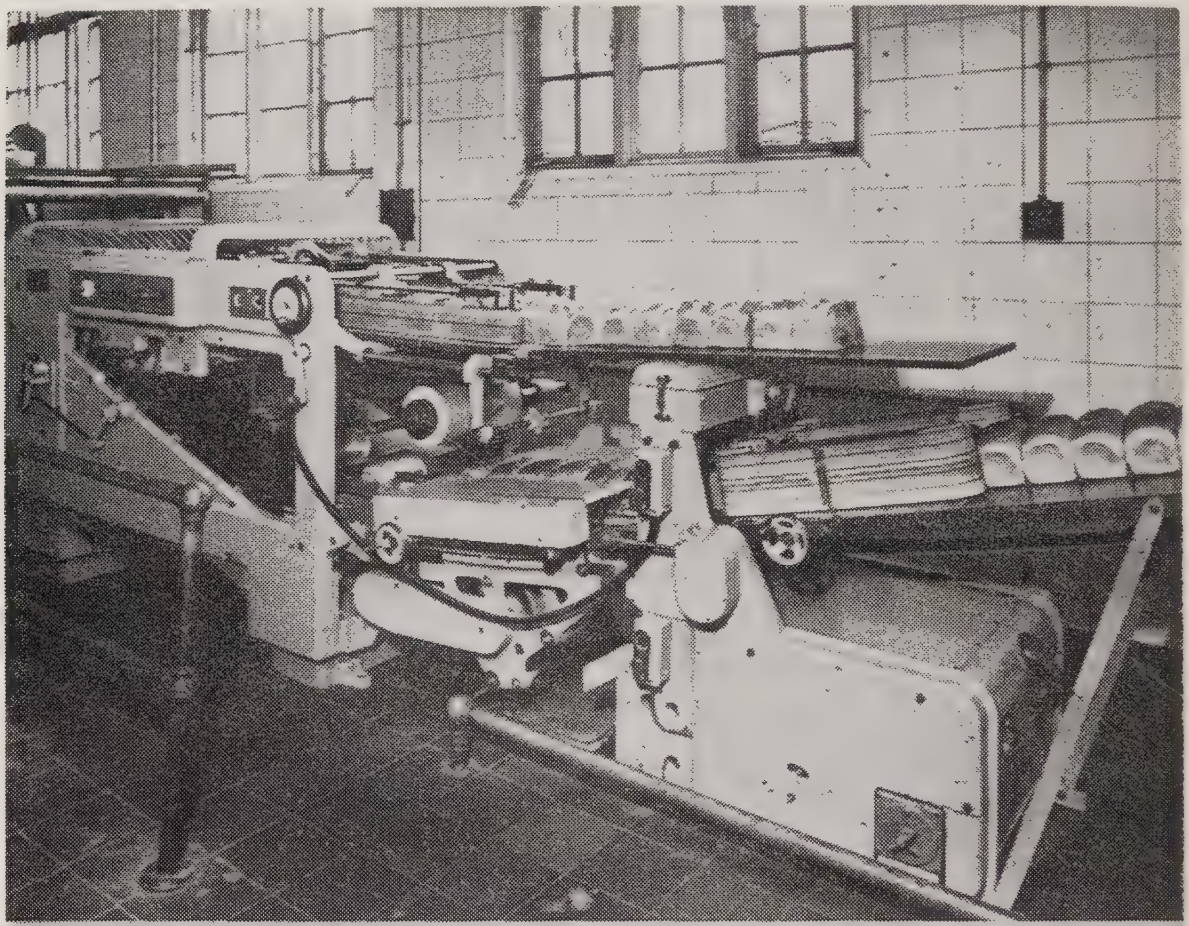
All the above mentioned diseases are produced by various forms of bacteria or toxins given off by these organisms. Bacteria are very minute and vary in shape and size according to the particular disease with which they are associated. It is not considered necessary to delve into the science of bacteriology but it will be sufficient to say that bacteria have life and like all living things reproduce themselves. In the case of bacteria this reproduction is by fission and is very rapid, under favourable conditions one germ may increase to as many as 281 billion in twenty-four hours. In order to multiply, germs require food, warmth and moisture. Apart from the human body they will live on most foodstuffs, the most favourable temperatures for them is body temperature, i.e., 98.4°F., and, of course, moisture is present in the majority of foods.

Foods that are the most favourable medium for the growth of bacteria are those that are prepared some time before being eaten, such as meat pies, galantines, sausages, cream cakes, custards, jellies, soups, stews and gravies, and articles of food containing milk, eggs or gelatine.

From the foregoing it will be seen that in order to ensure that all food is free from harmful bacteria, it is essential to protect it from primary contamination rather than try to remove the danger after contamination. In order to achieve this the following measures should be adopted.

HERE'S HOW IT SHOULD BE DONE

The bread cutting and wrapping machine shown in the first of the illustrations below makes a reality of the phrase "Untouched by human hand." The photograph is by courtesy of the London Co-operative Society. The lower picture shows a well-planned kitchen, illustrating the sensible arrangement of fittings for easy cleaning. There is adequate lighting and ventilation, and the staff wear protective clothing.



STORAGE

All foods should be kept in a clean, dry place, preferably a properly constructed store room, open foods should be protected by covers and such items as meat, fish and milk should be kept in a cold room or refrigerator. Pre-packed foods should not be opened until immediately required for use.

HANDLING AND PREPARATION

This is the most important phase of food hygiene and it depends largely on the practice of personal hygiene. Food handlers must first and foremost keep themselves and clothing in a cleanly manner. Clean washable overalls and head coverings should be worn at all times when handling or preparing food.

Hands and finger nails must be kept scrupulously clean and finger nails kept short, the use of nail varnish by food handlers should be discouraged. In particular, the hands must be thoroughly washed and scrubbed with a nail brush after using the lavatory.

All cuts and abrasions on the hands should be covered with clean, waterproof dressings. Germs are very easily spread by sneezing and all food handlers should be very careful not to sneeze over or in close proximity to foods and should make frequent use of a clean handkerchief to arrest any sneezing.

Great care should be exercised in handling foods, especially prepared and cooked articles, and actual direct contact with the fingers should be avoided as far as possible, tongs, forks or special types of servers should always be employed when serving pastries, cakes, sandwiches, cooked meats and ice cream. When carving cooked meats, the meat should never be held with the bare hand but held with a properly constructed holder or fork, the minimum requirement should be to place a clean piece of greaseproof paper over the meat before taking hold of it with the hands.

The wrapping of food demands great care, it is now a requirement of the Food Hygiene Regulations that newspaper shall not be used as a primary wrapping for foods other than uncooked vegetables; this means that the primary wrapping for all foods must be clean paper unless it is a specially printed wrapper. The fingers and thumb must never be moistened by placing them in the mouth before handling wrapping material, and paper bags must not be opened by blowing into them.

EQUIPMENT AND UTENSILS

The equipment and utensils used for the handling and preparation should be constructed of such materials as to enable them to be thoroughly cleansed and to prevent as far as practicable any matter being absorbed by them and to prevent any risk of contamination.

All equipment and utensils must be kept in good repair and thoroughly cleansed immediately after use. Every piece of equipment made entirely of metal should be cleansed preferably with boiling water or steam, where this is not possible, the use of hot water of at least 145°F. should be used.

It is a bad policy to use scouring agents on metal articles such as pots and pans, as the majority of these tend to score or scratch the surface of the article and particles of food eventually become lodged in these scratches and make the article harder to clean.

All crockery and other utensils should be washed thoroughly in hot water, the best method to employ in catering establishments is the two sink method which is by washing the articles in one sink and then immediately rinsing them in an adjoining sink containing hot water at 170°F. The articles should then be placed in wire baskets or racks and left to drain and dry without being wiped with a cloth.

When cloths are used to dry crockery, they should be kept clean and changed frequently, after drying a maximum of 50 articles. After cleansing, all equipment and utensils should be stored in a clean place; if possible, all containers should be inverted. The addition of a good detergent and sterilising agent to washing-up water is recommended.

PREMISES

All food preparing premises must be kept in a good state of repair and kept scrupulously clean. Adequate lighting, both natural and artificial, must be provided and maintained. It is also essential for proper ventilation to be provided and metal extraction hoods should be fitted over all cooking stoves in order to carry away all steam and fumes. All stoves, boilers and other heavy items of equipment, that are not easily movable, should be so arranged so as to ensure that it is possible to clean all around them.

DISPOSAL OF WASTE

All waste products from food preparing premises must be placed in properly constructed bins with close fitting lids, these bins should be constructed of impervious material capable of being readily cleansed.

Waste material must not be allowed to accumulate in the food room and should be removed and placed in the bins at frequent intervals. The waste should be divided into groups, i.e., waste food, paper and wrappings, tins and general waste and a separate container provided for each, and in order to keep down infestations of flies and vermin all tins should be rinsed out before being placed in the refuse bin.

PRECAUTIONS AGAINST FLIES AND VERMIN

Food premises should be made vermin proof, and in order to keep the fly nuisance down to a minimum, fine mesh screens should be fitted to the window openings in order to prevent flies gaining access to the room when the windows are open.

Finally, remember that the essentials of Food Hygiene are:—

Clean Habits Clean Methods Clean Storage

THESE WILL PRODUCE . . .

CLEAN SAFE FOOD

Should you require any advice or assistance on this subject, any member of the staff of the Health Department will be willing to discuss the matter with you; ring Romford 6040 and ask for the Health Inspector's Office.

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Hygiene in

Handling

The close relationship between quality of fish and hygiene in its transport and distribution is a fact of importance both to shopkeepers and consumers.

In a recent survey of fish retailing, a leading authority, Dr. Charles L. Cutting, said that in general two items required attention. One was cleanliness in handling, the other the " temperature-time " history of fish for sale, during the *final* stage of distribution.

It should go without saying that fish should be handled and stored in a hygienic manner, and that in all fish shops there should be plenty of running water available for washing down slabs, etc. Fish must also be kept cool in the shop either by the use of ice or else by means of a refrigerated slab, now used by a large number of firms, but there appears to have been little research apart from what industry may have done.

A display of fish arranged on an open fishmonger's slab can be a very attractive sight that appeals to customers, but it is not very hygienic. On the other hand, glass-fronted fish shops with the sun beating on the fish in the window without refrigeration is obviously bad practice.

The National Federation of Fishmongers have issued a leaflet on fish trade hygiene (October, 1951), in which they say that refrigerated slabs are difficult to operate and advocate " plenty of fresh air " and the use of a mist spray to keep the fish cool. It is difficult to see, however, how the amount of cooling required to keep fish at about 32° F. can be performed merely by the means of a spray of water, although once again no tests appear to have been made of its efficacy. A lecturer on fish retailing was not long ago reported in one of the fish trade journals as saying that fish keep for about two days in a fishmonger's " frig." Obviously this depends very much on how stale or fresh the fish were to begin with. It seems that a little research of an operational type might yield results which would make it possible to draw up a code of practice for the use of refrigerators in fish shops.

What has been said already about the storage properties of frozen fish applies equally to fish shops which handle cold-stored fish. It is not unknown even in a well-appointed shop, with a cold store which may be very good of its type, maintaining a temperature of about 0° F., for samples of packaged frozen fillets to be seen which have been there some two years. It is practices of this kind which bring the fish industry into disrepute.

One hears from fish merchants at ports that some fish retailers only order smoked fish such as kippers once a week, and it is presumed therefore that they sell these fish during the course of that week, taking them in and out of the "frig." as required. Obviously this is not desirable, particularly in view of the fact that lighter cures of smoked fish are now being produced than heretofore which require prompt sale.

In general, cleanliness and temperature are the two principal factors in fish hygiene at all stages, neither can be considered in isolation; thus, chilling with plenty of ice is not going to yield good fish if it is heavily contaminated with bacteria as a result of not having been properly gutted and washed at sea, and on the other hand, clean, hygienic fish rooms, or fish boxes, are of little value if the fish is not kept properly chilled with plenty of ice as soon as possible after receiving it or has in any case been kept too long.

A delay of 18 hours' exposure on deck at a temperature of 45° F. before icing has been found to increase the bacterial load on the fish between 10 and 100 times, so that it was two days worse in quality at landing 15 days later than fish iced immediately after catching. That fish keeps better at sea than it does ashore is quite erroneous—it is merely a matter of temperature and keeping it surrounded with ice.

(Reproduced by kind permission of the "Fish Trades Gazette.")

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CLEAN *milk* . . . .

"A land flowing with milk and honey." So the ancients described the Promised Land. Milk was the all-important commodity to ensure the happiness and security they sought. Spiritually, too, milk was looked upon as representing the essential graces.

What *is* milk? Why is it different from other foods? It is the only *complete* food which comes naturally from the living body. Although it contains roughly seven-eighths of its own weight in water, milk contains all the nutritive constituents which an animal requires to maintain its life and make growth. Mammals alone have the power to produce milk to feed their young. Percentages of the constituents vary in the milk from different animals. In the case of the cow these approximate:

Water	87.2%	Milk Sugar ...	4.9%
Fats	3.7%	Cassein ...	3.0%
Albumin ...	0.5%	Mineral Salts ...	0.7%

In human milk the percentage of milk sugar is somewhat higher, but otherwise the figures are similar.

Composition of milk, however, is not the most important factor. Milk must be CLEAN and SAFE—that is it must be free from DIRT, DUST, FOREIGN BODIES and MICROBES—when it is delivered to the consumer. Much progress, encouraged by legislation, has been made since the days when milk was ladled from can to milk jug in a dusty street.

Milk and Dairies Regulations require that all vessels used for containing milk must be in a state of thorough cleanliness. In modern, efficient dairies bottles are untouched by hand from the time they enter the bottle-washing machine until the time they are placed in the crates.

PASTEURISATION of milk was controlled by legislation in 1949. By means of pasteurisation under conditions laid down then, all germs and bacteria were rendered sterile. The keeping qualities were improved but the nutritive properties remained unimpaired.

One of the most serious diseases communicated through milk is tuberculosis, a disease prevalent among cattle. Some herds have been found to be entirely free from the germ and regular inspection and careful attention has kept them so. Thus, the milk obtained from these herds eradicates the possibility of contracting the disease through this medium. The regulations governing the inspection and licensing of TUBERCULIN-TESTED cows are stringent and rigorously enforced.

The SAFEST and CLEANEST MILK of all, then, is the milk from specially selected herds which has also been pasteurised to eliminate, in addition, all other forms of contamination.

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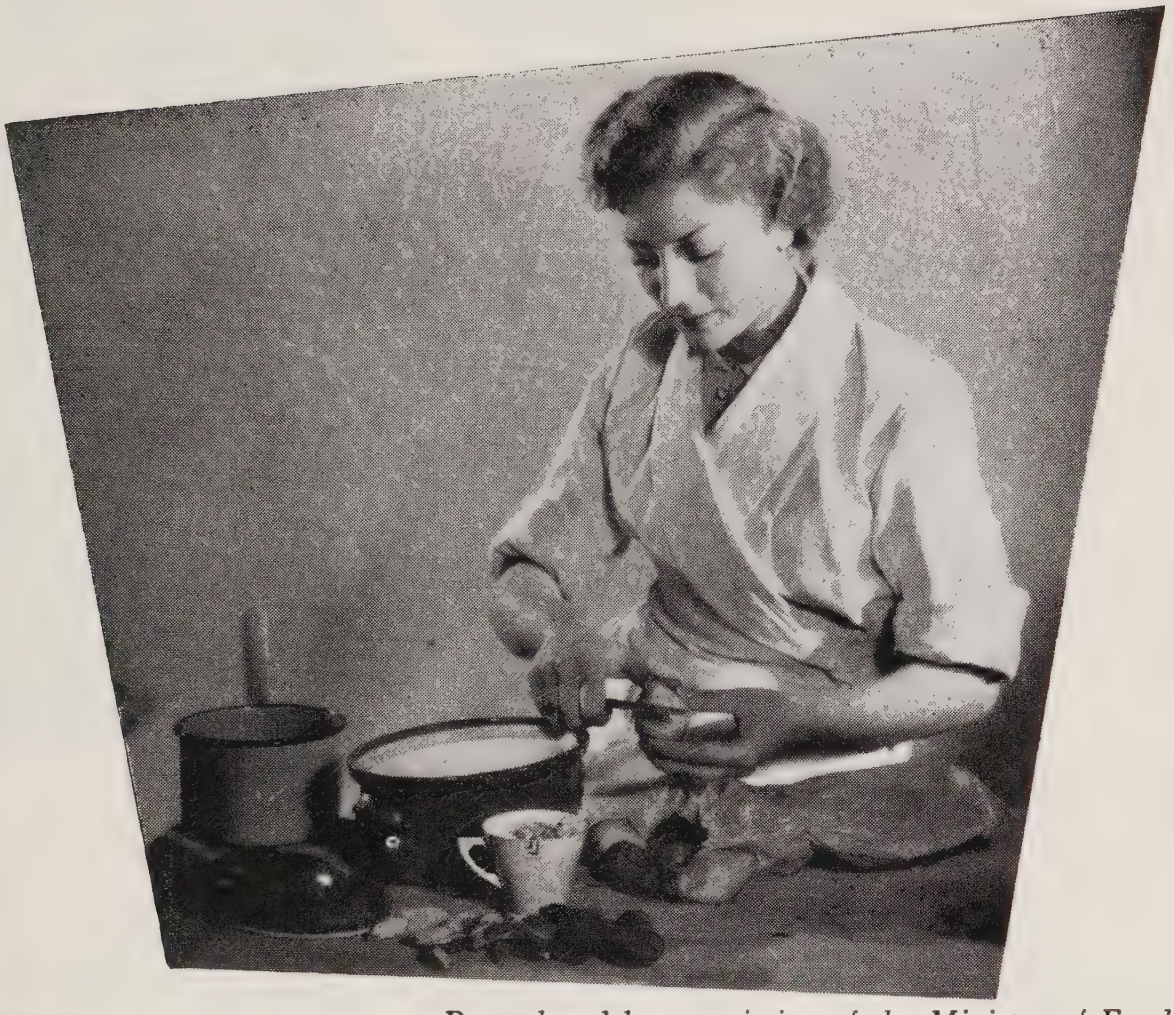

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Preparation of

VEGETABLES

The preparation of vegetables entails great labour and a separate room with an ample supply of pure water (hot and cold) is a great advantage.

When it is the custom to prepare large quantities of potatoes the peeled potatoes should be placed in a clean container and covered with clean water. Potatoes should be used the same day and the container drained daily and thoroughly cleaned to remove the starchy slime which exudes from potatoes stored in water. The custom of keeping peeled potatoes long in water is not advised because this removes Vitamin C.

In preparing green vegetables the damaged and stained outer leaves must be removed and placed in refuse containers with close fitting lids. Undamaged outer leaves should be used because they are most nutritious. Immersion of vegetables in a solution of salt and water will *help* to get rid of insects in the vegetables but they must also be carefully washed. There is nothing more revolting than to have cabbage served up with a large slug.

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The storage and disposal of WASTE products

All caterers and food shops have a particular problem in the storage of swill, waste and food rubbish.

It is important that all swill and rubbish should be removed from the preparation and storage rooms as soon as possible.

The ideal storage arrangement is for swill and rubbish to be stored in galvanised bins equipped with tightly fitting lids. The refuse and swill storage area should be located as far as reasonable from food stores, preparation rooms, dining rooms, etc.

Remember that swill, waste food, food wrappers and emptied containers rapidly become offensive and attract vermin and insects as well as stray cats and dogs. The lids of storage bins must always be kept on, the bins themselves should be in good condition and should stand off the ground on a concrete platform on tubular metal rails. The ground around should be concreted or flagged and should be swilled down regularly.

Waste and swill bins must be cleansed regularly and should be protected from rain and sun. In hot weather the regular spraying or dusting of the bins and platforms with a residual insecticide will do much to prevent a fly nuisance.

No accumulation of containers, boxes, cartons, bottles, jars, tins, etc., at the rear of food premises should be permitted.

Nothing is more unsightly or unhealthy than the dirty and haphazard storage of food refuse at the rear of food premises. The proper storage of wastes is essential to good business and is a protection against nuisances.

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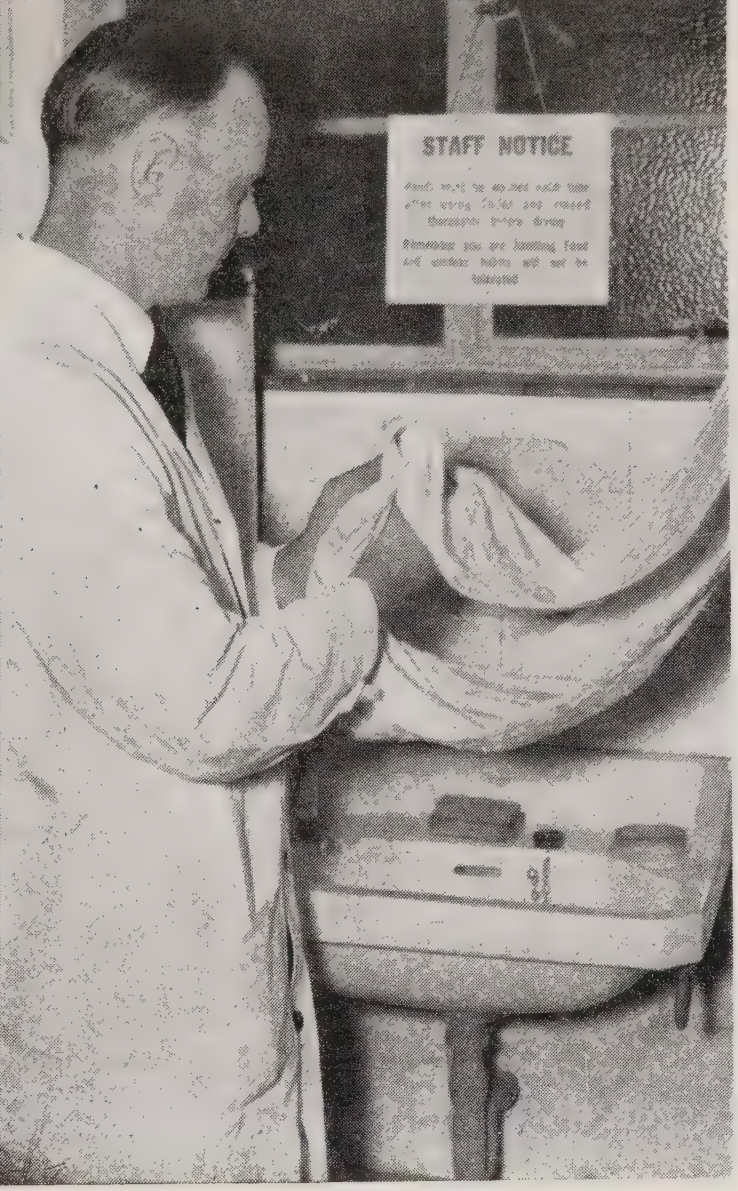
the use of tongs

Even in some modern shops it is not unusual to see brawn, potted meats, galantines, meat pies and the like exposed in the window, sometimes directly in the sun's rays, without any protection against flies and dust. As has already been pointed out, such foods are an ideal breeding ground for poisoning germs and moreover they are usually eaten without being cooked. All such foods should have protective coverings and should not be handled. They should be sliced with a knife and fork and the fingers should never be used for transferring slices of meat to the scales.

Note use of tongs to serve pastry, glass protection screens and rail for shopping basket. Ideally assistants should wear clean head coverings and the top of the screen should not be used for the display of pastry



DOs for all Food Handlers

DO keep the nails short and the hands clean, because the hands are the most likely source for the harbouring of poisonous germs.

DO wash the hands after using the W.C., or after handling any unclean material (e.g. after changing a baby's napkin). This should become a habit and be taught to children.

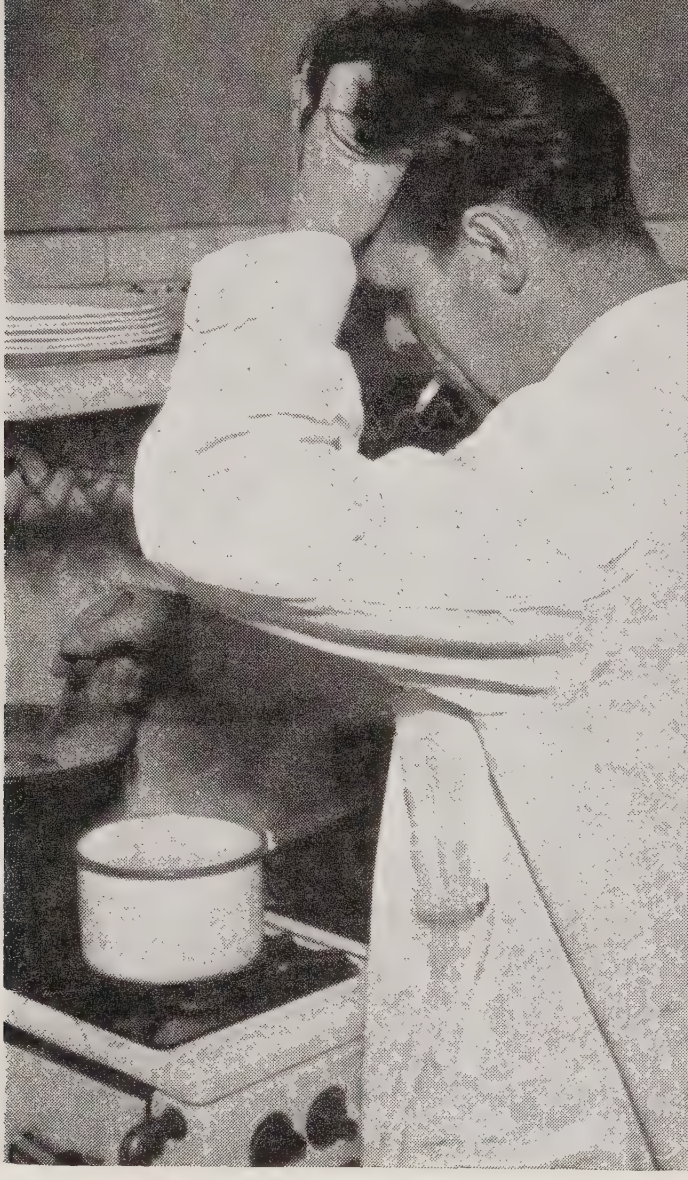
DO wash the hands before preparing or eating food, especially if you have had an attack of diarrhoea or if you have a cold, a sore throat or a skin infection. If your work is food-handling, report to your doctor and your manager if you have any of these complaints. 75 per cent. of food poisoning cases investigated have been traced to lack of personal cleanliness.

DO cover cuts and sores on the hands with waterproof dressings rather than with bandages which become soiled.

DO remember always that the health of your customers is in your hands.

DON'Ts

for all Food Handlers



DON'T cough or sneeze except into a handkerchief.

DON'T lick your fingers, pick your nose, waft a dirty handkerchief about, or leave dirt under your finger nails.

DON'T blow into food bags.

DON'T let your hair straggle.

DON'T use a hand towel for wiping the table top, cutlery or crockery.

DON'T HANDLE spoons by the bowl, forks by the prongs, and knives by the blades.

DON'T put your fingers inside cups or glasses.

DON'T wash your hands in the kitchen sink.

DON'T smoke when you are preparing food.

DON'T work on any food process if you are not fit and well.

Washing up . . .

Not all food handlers realise the importance of washing up, yet the complete cleansing and sterilising of all utensils, containers, surfaces, etc., used at any stage in the handling of food is one of the most important obligations of any foodhandler to his customers. Often, washing up is regarded as a menial task suitable only for the least efficient, lowest paid and often temporary staff.

The inefficient cleansing and sterilising of any utensil which will come into contact with food at any stage of its preparation may be a real danger and may help to spread many diseases, besides those commonly included in the term "food poisoning."

To ensure that washing up is done efficiently, the staff engaged on this work should be aware of their responsibilities to the public and furthermore should be provided with the proper equipment and facilities to do the job well.

Although many of the larger establishments are equipped with machines for washing up, many more of the smaller caterers and food premises rely on washing up done by hand which can be equally as efficient as the best machine washing *if it is properly done.*

Whatever method is used . . .
IT MUST BE DONE EFFICIENTLY AND SYSTEMATICALLY.

The accumulation of dirty utensils and equipment must be avoided as they are more difficult to wash properly the longer they are left and there is greater danger of dangerous germs multiplying in food scraps. Many people tend to be discouraged at the sight of large stocks of dirty crockery and utensils and there is a tendency to "skimp" the work.

FIRST STAGE

The first stage should always be the sorting of dirty articles and a preliminary scraping and emptying into proper waste containers of all food scraps. This preliminary scraping and emptying is important and it helps to keep the washing up water free of large food scraps.

SECOND STAGE

Although many people think three sinks are necessary for perfect results, equally good results can be obtained from the "two sink method." In this, the crockery, utensils, etc., are cleansed in the first

sink containing hot water (120°F-140°F) and the correct dosage of a suitable detergent. This water should be changed frequently when it becomes dirty or greasy and the sink refilled with clean, hot water and fresh detergent. This water should be almost too hot for the hands and the "washer-up" should use rubber gloves and a crockery mop. After this cleansing the utensils should be stacked in wire baskets.

THIRD STAGE

The baskets and contents should be immersed in the second sink in hot water at a temperature of 170°F to 180°F. This temperature is much too high to be borne by the hands and some heating device may be necessary to keep the water in the sink at a sufficiently high temperature. After two minutes in the water the baskets are removed and stood on the draining board. As soon as the crockery, etc., is dry and cool enough to handle it is stacked and put in a clean covered storage place until required again.

When this method is used it is not necessary to use cloths to dry the crockery, etc., as the heat retained after immersion in the second sink is sufficient to rapidly dry the crockery.

Although drying by cloths is not recommended, if they are used there should be an ample supply of clean, dry cloths at all times, and cloths should be changed for fresh ones as soon as the ones in use become wet or at all dirty. Cloths should be thoroughly washed, boiled and then dried before re-use.

The important point to remember is that all crockery, utensils, etc., should be completely dry when stored away. Germs *do not* grow on dry surface.

Chemical sterilisation

Increased attention to food hygiene has caused a recent extension of chemical methods of sterilisation in washing.

The sodium hypochlorite method has enabled caterers to obtain germ-free washing up water and dish cloths without additional equipment by dosing the water at intervals with a "working mixture" of hypochlorite and swiftly acting detergent.

This hypochlorite method can play a great part in raising hygiene standards and guarding against infection by making a reasonably cheap effective routine available to the caterer, canteen worker and housewife. The effectiveness of chemical sterilisation always depends on the correct dosage of hypochlorite and no better rule can be made than to follow strictly the instructions issued by the manufacturers of these products. Without following this rule always, there is danger that inefficient sterilisation of crockery and utensils will result.

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Food Handlers

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Rats and Mice
in Food Premises

Rats and mice are dangerous sources of infection to man and their presence in food premises must not be tolerated. Not only do they eat large quantities of different foodstuffs but by their droppings and urine they foul and spoil much larger quantities. They are also carriers of some of the food poisoning germs and therefore any surface or substance they touch may be contaminated.

Rats and mice enter food premises through holes in floors, walls, doors, windows, defective drains, etc., and may establish permanent homes in store-rooms, cupboard floor and roof spaces, or they may only visit food premises for feeding purposes, and may have their nests in adjoining property. Ill kept outhouses near to refuse and swill areas may be heavily infested with either of these dangerous pests.

Common Rat Sitting up and feeding

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Constant and careful watch is necessary at all times for signs of their presence and systematic searches should be made at frequent and regular intervals to ensure that the premises are not infested.

The signs of infestation to look for are droppings (black and shaped like small cigars), smears, holes and scrapes, runways, gnawing marks, foot-marks in dust, typical damage to food and food containers such as sacks and cartons.

Rats and mice thrive where dirt is plentiful and undisturbed and where food is available (and they will eat almost anything)—they delight in dilapidated structures and in safe dark runs behind never-disturbed stores and boxes.

The greatest deterrent to infestation is efficient vermin proofing of premises with metal protection of door bottoms and fine mesh gauze protection of windows and vents and sound impervious flooring maintained in good condition together with scrupulous care in the storage of food and in the disposal of wastes. Stacks of food, particularly in sacks, bags and cardboard cartons should not be stored directly on the floor and should be moved, examined and restacked at regular intervals.

The Health Inspector will be pleased to advise on any problem of infestation and the services of the rodent officer of the Corporation Cleansing Department is available at all times.

Common Rat on a Sack of Flour

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—Fads

In the last fifty years or so, the whole attitude of people towards hygiene and cleanliness has changed, especially in relation to food.

A generation ago, the milkman went cheerfully on his way in the busy, dusty, dirty streets, scooping out the milk from his can into the jugs which were left on doorsteps, unprotected and uncovered. Here, cats and dogs would sniff around, perhaps even having a drink from the jug. In some cases the milk suffered even worse contamination. As people became more enlightened, legislation was tightened and the milk trade experimented with bottles filled away from the dirt of the street. The first bottles had cardboard tops which fitted inside the top rim of the bottle. It was found that, even here, dirt and germs collected round the edge and the milk, being poured over the dirty rim, still was not free from germs. Then came the aluminium top which fitted right *over* the clean lip of the bottle thus ensuring that no germ was taken with the milk as it was poured out.

Regulations, too, have ensured absolute cleanliness in the cow-shed, dairy and milk store. Persons suffering from infectious diseases are not allowed near the sheds or animals whilst the milk of animals so affected is not allowed to be mixed with the milk of other animals.

With the increase in communal feeding since the Second World War, especially in schools, regulations have followed the trend of public opinion. Personal cleanliness in the kitchens and at the serving hatch is now considered to be essential. Clean overalls must be used to cover ordinary clothes. Out-door clothes may not be hung in the rooms where food is being prepared or served. Caps must be worn at all times in order that hair should not be allowed to fall into the food, as hair is another germ carrier. Caps, too, prevent the wearer from running the fingers through the hair and transferring germs in that way.

In many public conveniences now, will be seen notices advising people to wash their hands after using the toilet and in some districts special provision is made for " free " hand washing after using the convenience. This is especially important in cases where people are about to eat or are coming into contact with food in any way. In the case of those handling food, the finger nails, into the crevices of which germs can collect, should be well brushed.

Our forebears would, doubtless, have laughed at such a " waste of water " as being effeminate and fastidious, but it is an indisputable fact

that the only way to stamp out disease is to fight it at its source by preventing the germ from asserting its advantage right from the start.

One day a little boy was asked which cake he would like from a plate. His reply was, "I would like the one with the fly on!" The little boy later became a health food addict and studied such things as calories, vitamins, proteins—and the effects of germs, particularly those brought by flies.

"BIG BROTHER"

Flies are, perhaps, the greatest means of spreading infection. A fly may settle only for an instant on food but in that time it will have contaminated it. The "big brother" of the fly, that enemy of mankind, the bluebottle or blow-fly, will lay its eggs in the moment that it settles on, say, meat, which is its favourite haunt, and in a short time maggots will be crawling over the meat.

The food shop is one key to the health of the nation.

It is essential that all food should be kept well covered, if it is not possible to keep it in a food safe or refrigerator, it is better to have a firm cover (glass or plastic) rather than a limp cloth which is not complete protection because of the holes in it. It is also possible for a piece of thin muslin to be turned over, causing all the dirt which has collected on the top to be placed on the food it was supposed to protect.

As an extra protection, food should not be touched by hand. Tongs should be used wherever possible. Assistants frequently have to act as cashiers as well as servers of food. Money is also a germ carrier so that, if assistants undertake both duties, germs will be transferred to the food. Where it is possible, the handling of money should be a separate task in a food store.

TWO BAD HABITS

The shop assistant must come under fire over two habits which are unhygienic. When about to use a paper bag for fruit, sweets or cakes, many assistants lick their fingers as they pick up the bag and then blow into it to open it. Both habits are means of transferring germs.

In the service section of the "Help Yourself" department of a famous group of tea shops, a rule of "No Smoking" is enforced. Smoking near food when it is being prepared or served is an unpleasant habit as ash is liable to drop into the food. This applies, too, to the careless diner in the restaurant.

"Fussy?" or "Hygienic?" Some people who are not so "fussy" about hygienic behaviour cause offence to others by their habits, especially at the meal table. No apology is made for referring to them in this discourse. We have the person who uses his own knife when helping himself to jam, butter or cheese, and the person who fingers several cakes before choosing one to his liking.

Mothers should be especially careful in training their children in hygienic habits but many will feed baby with morsels from their own

plates or, alternatively, eat the remains of fruit, cakes and ices from the meal of their kiddies. The child is particularly susceptible to germs and these habits—not forgetting the age-old habit of blowing baby's food to cool it—are liable to cause the child illness.

The old-fashioned drinking cup at the roadside fountain has now, in most places, been superseded by a real fountain which throws a jet of water right into the mouth. Incidentally, many people still share a glass or cup at the cafe or public house.

WHAT OF DISHES?

And what of the dishes after the meal is over? "Washing up," especially at such places as kiosks, etc., consists, often, of a small bowl into which glasses are dipped and immediately "wiped" on a towel which probably does duty throughout the day. Sinks are often slimy and greasy after the dishes have been washed following a meal. This is left as a happy hunting ground for germs. The sink basket and other waste bins should be kept well clear of food being prepared for a meal.

One last word from the "purist." We have looked at the way meals are prepared and served, but what of the receiving end of the story? Food from a previous meal is often parked in the crevices of teeth and has already started to encourage germs. Teeth should be cleaned after every meal.

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The causes of . . .

FOOD POISONING

Food is constantly being contaminated by organisms (bacteria or germs) but poisoning only occurs if the food poisoning organisms have the opportunity to grow and multiply in the contaminated food.

Small quantities of food poisoning organisms may cause no ill effects, but millions of them will give rise to food poisoning.

For food poisoning organisms to develop and multiply the following conditions are required:—

(a) Suitable food on which the organisms can multiply.
(b) Suitable temperature to encourage them to multiply.
(c) Sufficient moisture for growth.
(d) Sufficient time for multiplication to take place.

(a) **Suitable Food (Foods easily infected)**

Meat products, made up meat dishes and fish dishes such as pressed meat, sausages, brawn, pies, rissoles, etc.

Milk product, custards, trifles, synthetic creams, ice-cream and milk.

Shell fish, stocks, gravies, stews, duck eggs and dried eggs.

(b) **Suitable Temperatures** (temperatures which cause food poisoning organisms to multiply).

Food poisoning organisms grow and multiply within the following temperature ranges: 55° F. to 120° F. At blood heat (98.4° F.) organisms grow rapidly and multiply prolifically.

(c) **Sufficient Moisture.**

Dry foods such as bread, biscuits, etc., are not attractive to organisms. Moisture is essential for the growth of food poisoning organisms.

Food poisoning organisms which may be present in dried egg only multiply dangerously when the dried egg is reconstituted with water or milk and the mixture is left at room temperature for a reasonable length of time.

(d) **Sufficient time.**

The growth of food poisoning organisms is very rapid when temperature and moisture are suitable, and within 8 hours a single organism may have 15 millions of descendants. The practice of allowing made up dishes to cool slowly at room temperature may be dangerous as may also be the practice of keeping foods warm for long periods. Dried egg must never be reconstituted and left overnight at room temperature for use the following day. Dried egg should always be used immediately after reconstitution.

THE TEMPERATURE CONTROL OF FOOD

THE GERMOMETER

Food Poisoning
is caused by
GERMS breeding in **FOOD**

Safety . . .

Boiling and
Pasteurising
kill germs
in ten minutes

All cooked food
is best eaten
directly after cooking.

Danger . . .

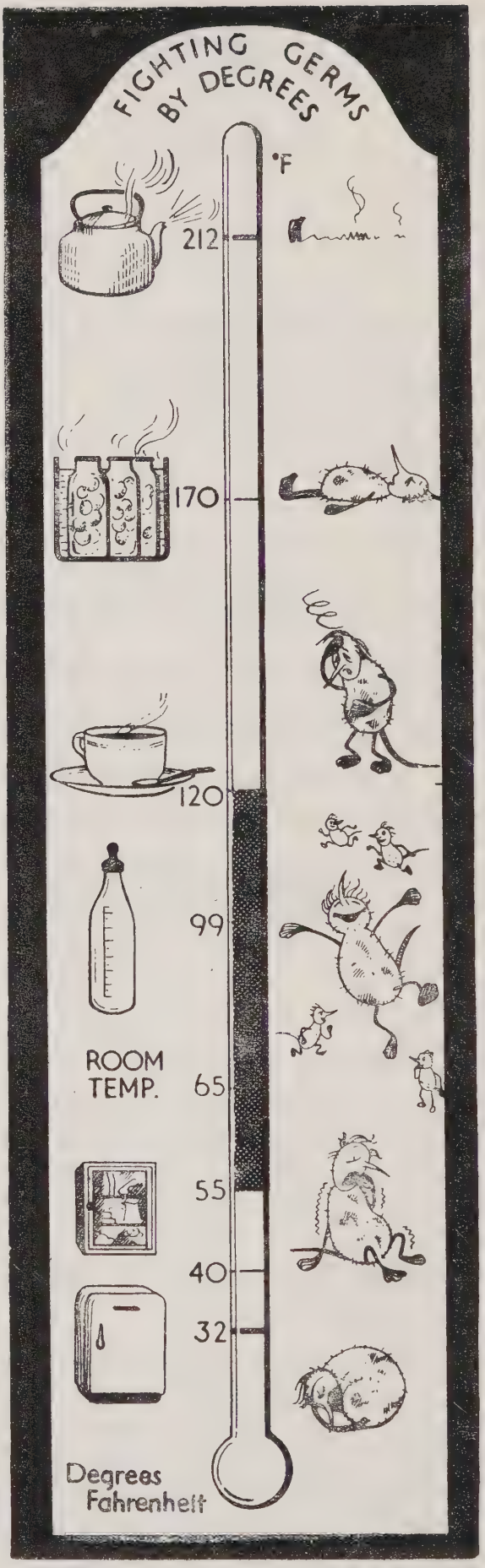
GERMS BREED BEST AT ROOM OR BODY TEMPERATURE

Never keep cooked meat, fish, egg and milk dishes in warm surroundings more than one or two hours

Safety . . .

In the cold
germs breed slowly.

In the refrigerator
germs live
but do not breed.



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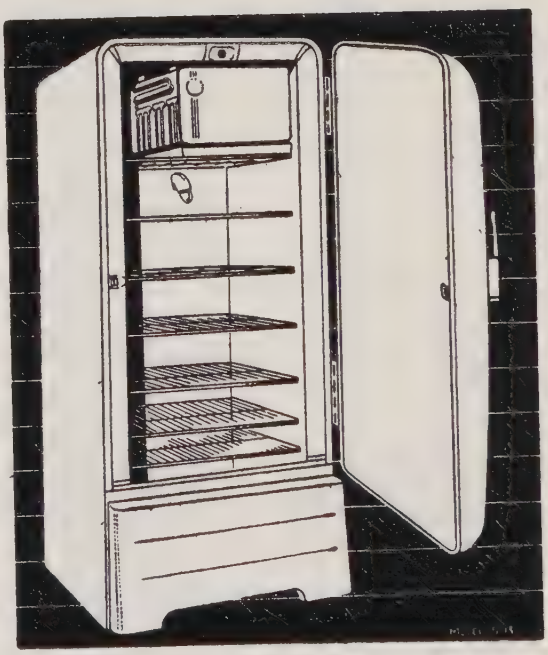

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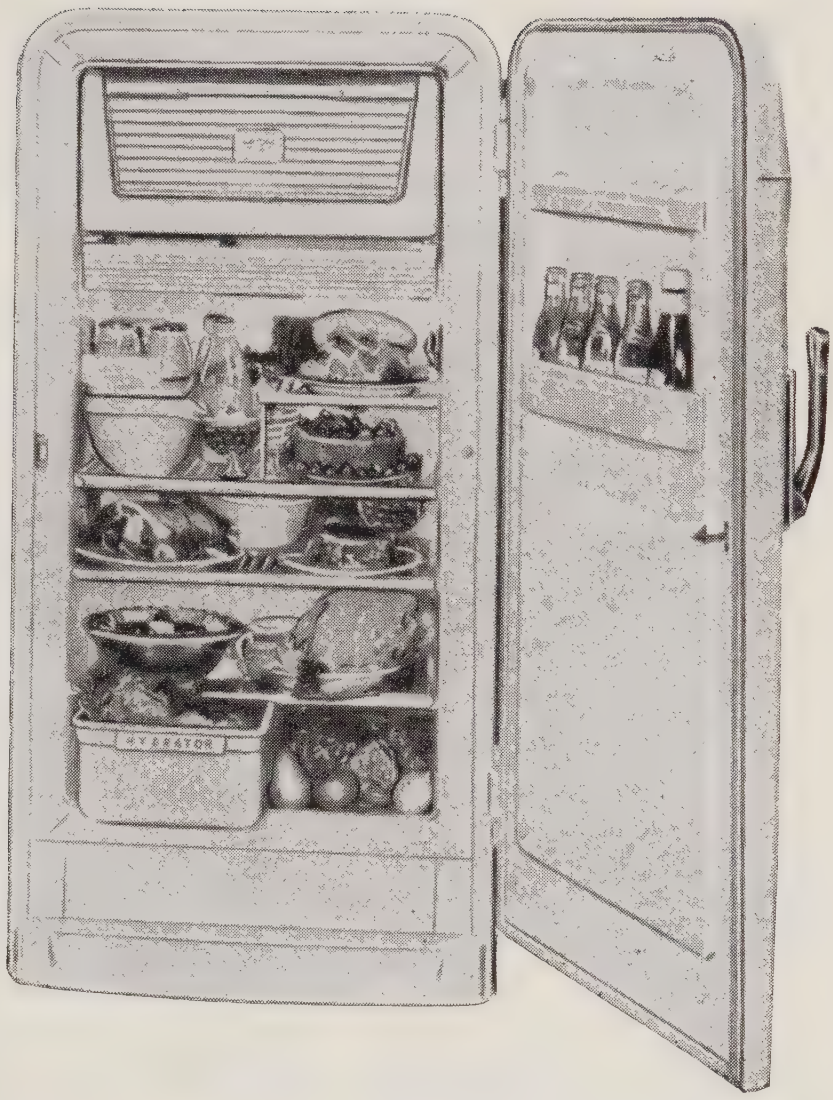

Common sense use of the REFRIGERATOR

Although the time has not yet come when the average family prefers to buy a refrigerator rather than a television set, more and more refrigerators are going into homes in this country. A refrigerator is a very fine aid towards the correct storage of, but it is not an automatic answer to, clean food. Refrigerators require understanding and using sensibly for them to be most useful.

All refrigerators have two main parts:

(a) The deep freeze unit where ice and ice-cream can be made and frozen fruits and vegetables stored.

(b) The main cabinet which is not kept at freezing point but at a suitably low temperature at which germs grow very slowly, if at all.

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INSECTICIDES

THE activity of insects as carriers of disease bacteria is today universally recognised. Common houseflies carry bacteria on their bodies, wings and legs, and they regurgitate whenever they settle on foods. Crawling insects, which breed in cracks and crevices, spread bacteria from food particles which have fallen into the cracks, grown stale and rotted.

Wherever food is prepared, in factories, bakehouses, restaurants, these insect pests must be destroyed and their breeding checked if the highest standard of hygiene is to be maintained, if costly damage to stock and trade is to be prevented.

Scientists have developed a number of highly effective chemicals to combat insect pests; these powerful insecticides have established themselves as highly effective, economical and easy-to-use killers.

There are three products which can be especially recommended for destroying insect pests where foodstuffs are manufactured, stored, sold over the counter, or cooked for and served at the table, although care should be taken not to spray directly on to foodstuffs. These are:

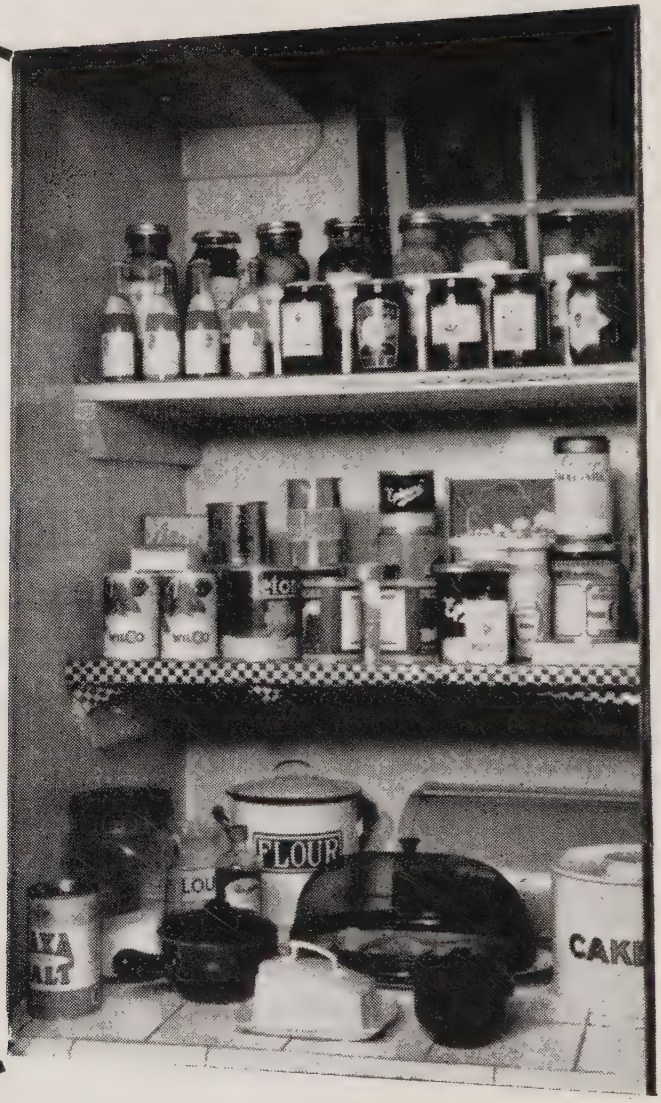
LIQUID INSECTICIDE—which has both an immediate and a long-lasting effect. It gives quick knockdown and kill, and, as a residual deposit on sprayed surfaces, it retains its lethal efficiency for many weeks after application, killing every insect to touch it. Harmless to humans and animals, liquid insecticide is used with a hand sprayer.

POWERFUL INSECTICIDES packed in quick action dispensers which incorporate a light-action press-button valve. At finger or thumb pressure on this valve a harmless gas forces out the liquid in a mist-like spray which remains suspended in the air for a considerable time. A 5-second spraying is sufficient to kill every flying insect in a 1,000 cubic feet space. These are especially clean to use as no liquid can come into contact with the hands and they are time-savers as they are always ready for immediate use.

INSECT POWDERS are particularly effective for destroying cockroaches, steam flies, silverfish, ants and all crawling insects. They are recommended for use in cupboards, in cracks and crevices, and along skirting boards—anywhere in fact where crawling insects congregate or where they breed.

[The Publishers acknowledge their indebtedness to the ESSO Petroleum Company, for the information contained in this article.]

How to keep Food Fresh



The three chief enemies of fresh food are Germs, Heat and Flies. The three chief allies are Cleanliness, Coolness and Covers

TIPS ON CLEANLINESS

Scald milk jugs and bowls.

Put away crockery immediately after washing to avoid contamination by flies.

Do not leave odd scraps of food lying about.

Wipe the larder shelves daily and scour weekly.

Use D.D.T. spray around window ledges and doors and D.D.T. flypapers in the house.

Rinse the household refuse pail out daily with strong soda water.

TIPS TO CONTROL FLIES

Cover all foods. Use muslin or wire of a fine mesh to allow air to circulate freely while at the same time keeping flies out.

Use muslin tops weighted at the corners to cover milk jugs, butter dishes, and jams.

Make sure that the dustbin lid fits correctly. Dustbins harbour flies. Spray the bin inside and out with D.D.T.

Watch refuse tips in the gardens as a possible breeding ground for flies.

Plastic tops complete with rubber bands, can be obtained for slipping over the tops of pudding basins.

Use boxes of plastic or glass for food left-overs.

TIPS IN COOLNESS

Butter, meat and milk are the chief victims.

Stand milk and the butter in a cool place—on a marble slab or in the cellar.

Try hanging a sunblind over the larder window on the outside.

Hang meat while it is waiting to be cooked and cover with butter muslin. If meat is left on a plate, turn at least twice a day and wash before cooking.

Unless milk is pasteurized, boil as soon as it is delivered.

Stand the butter dish in a bowl of water and drape around with the muslin dipping in water. Also try placing a flower-pot over the milk bottle when it is standing in water and draping the pot with muslin with the ends dipping in water.

REFRIGERATOR TIPS

Hot dishes which will eventually be served cold, should not be placed directly in the refrigerator. Cover the dish with a clean cloth and leave a small space for evaporation. Stand in bowl of water to assist the cooling.

Wash vegetables and soft fruits before placing in the refrigerator; this will remove dust, dirt and fruit spray.

If you store ice-cream in the refrigerator, use it the same day and do not re-freeze after it has melted.

Place fish or smelly foods in paper or plastic bags before storage.

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Food storage at

HOME

THE CORRECT STORAGE OF FOOD IN THE HOME IS IMPORTANT

A To minimise the dangers of food poisoning.

B To avoid waste.

THE GOLDEN RULE FOR STORING FOOD IS KEEP IT—

Clean
Covered
and Cool

The dangers of food poisoning are always present when food is being handled, prepared or stored and, though the number of persons who may be affected is only small, nevertheless, it is important because it comprises your own family and friends. Most of us eat a few germs without harm but when we take a lot of germs into our bodies with our food the consequences are unpleasant. The objects of clean food handling and clean food storage are to prevent any germs already in the food from multiplying to a dangerous degree.

Most ordinary houses do not have refrigerators and in many cases housewives have to manage without even a really suitable ventilated

food-store. Eeveryone, however, should aim at storing food, particularly cooked meats and milk foods

(a) in the coolest possible place;

(b) for the shortest possible time;

(c) completely covered and protected from contamination by dust, dirt, flies, vermin and unnecessary fingering.

The most suitable places for cool food stores are dry ventilated cellars or rooms or larders facing the north side of the house. Food safes must not be placed near to fireplaces or hot water pipes.

The most suitable containers for storage are made of glass, aluminium or good plastic. Enamel and earthenware are suitable but chip easily and then proper cleansing is difficult.

RULES FOR STORAGE

(1) Always make sure that your hands are freshly washed before handling food.

(2) Handle food *as little as possible* with the bare hands.

(3) Keep all food covered either with clean dishes, special mesh covers, plastic sheeting or clean waxed paper.

(4) Keep all meats (cooked or raw) in the coolest possible place—if possible where cold air can circulate round it.

(5) Used tinned meat as soon as possible after opening and keep in the tin until used.

(6) Keep gravies, soups, stocks, etc., covered in a cool place and heat quickly to boiling point before use.

(7) Milk and cream dishes must always be kept cool and kept covered.

(8) Fresh fish and made up fish dishes must be covered and must be stored in a cool place. Always wash fresh fish before use.

(9) Lettuce and other green salad vegetables should be well washed the surplus water shaken off and they should be stored wet in a covered metal saucepan. In this way they will keep crisp and fresh.

(10) All other green vegetables, potatoes and root vegetables should be stored in a dry, cool place where air can circulate round them. Perforated metal racks are ideal for this purpose.

(11) Unopened tinned foods should be kept in a dry, cool place. Always examine the tins for signs of decomposition (blown or bulged tins) and for rusting or damage from careless handling. Never attempt to store damaged tins.

(12) Bread and biscuits are best stored in clean tins at normal room temperatures.

(13) All dry foods, rice, flour, sugar, etc., should be kept in covered containers and an excessive amount should never be stored.

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20 Questions

FOR THE HOUSEWIFE

A shopping quiz . . .

When you next go shopping make a note of what you see. You can help to protect your family by improving food hygiene and preventing food poisoning.

1 Are the assistant's hand clean?
2 Do they pick up food with their fingers?
3 Does she blow into the paper bag?
4 Does he lick his fingers before picking up paper?
5 Does she appear in a clean overall?
6 Does he have a dirty bandage on his finger?
7 Do you smoke, or finger the food in the shops?
8 Does she wear a cap or use her fingers as a comb?
9 Does he pick his nose or skin?
10 Are dogs and cats allowed to run round the shop?
11 Are all cooked meats kept covered or in the refrigerator?
12 Are open dishes of uncovered food left on the counter for people to breathe over or brush against?
13 Do your butcher and fishmonger use refrigeration chambers?
14 Is meat or fish left for flies to feast on?
15 Is there a front window to the shop to keep out the dust?
16 Are the butcher's tables scrubbed clean? What is the condition of the scales and cloths used for cleaning?
17 Is the floor of the shop clean?
18 Is the drawing of fowls and game done in the shop by an assistant who then continues to handle other food with unwashed hands?
19 Do the assistants who serve the food also handle the money?
20 DO YOU EVER COMPLAIN?

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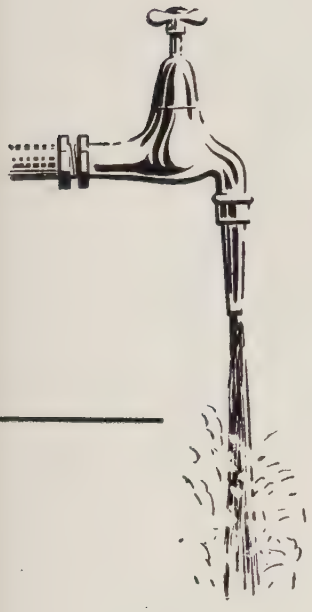

The public water supply

Perhaps the inhabitants of the British Isles will not care to be reminded of the very great benefits they enjoy due to their climatic position and the bounteousness of Mother Nature in ensuring a regular annual rainfall and thereby an adequate supply of water. Of course there need only be short periods of drought, i.e. as measured by Middle Eastern standards, before the Press begin to talk about the conservation of water supplies, and bring out from their files pet schemes and ideas and almost standard articles on the way in which water supplies may be augmented and how economies should be made.

In times of drought when supplies are restricted, some of us may appreciate what civilisation and modern ways of life owe to water, for without it, large cities as we know them would be impossible, many manufacturing processes could not function and we should be even more dependent upon imported food that we are today. In short, the British Isles could never support the present day population and could never have been the force she has been and is in the world today.

To gain some idea of the vast quantities of water involved, the following amounts are usually regarded as the average requirements in gallons per head per day.

Domestic purposes :	
Ablution, Baths, etc. ..	9.0
Drinking	0.3
Cooking	0.7
Household	3.0
Laundry	3.0
Sanitary arrangements ..	6.0
Waste	3.0
	25.0

Municipal purposes ..	**5.0**
Manufacturing purposes	**5.0**

The amount found necessary in special buildings are :

Hospitals ..	45-60.0
Hotels	30.0
Office Buildings ..	15.0
Schools	10.0

It is interesting to note that the average water consumption by the Romans was 60 gallons per head per day, but it is well known that in the use of water they were needlessly extravagant. There is no doubt that their enlightened approach in the use of water contributed much to their vigour as a race, and monuments to their skill as water engineers are still in evidence in many parts of Europe. Even today their influence is still apparent in this country when by reference to the foregoing table it will be seen that the largest single item of consumption is 9 gallons per day for ablutions and baths. What, if any, significance may be drawn from this? Surely that it must contribute enormously to a lowered incidence of disease. Since Public Health began to be taken seriously in this country, which would be about the year 1848, when the first Public Health Act came on to the statute books, there has been a constant and in more recent years a spectacular decline in the waterborne and excremental diseases.

It would be wrong of course to attribute this solely to improved water supplies, but even the members of the medical profession who carried out the research and introduced the measures which have had such spectacular results would be the first to concede that without basically sound sanitation and wholesome water supplies they could not have succeeded. The history of the last one hundred years is studded with incidents of plagues and epidemics which have had their origin in polluted water supplies where the communal wells or village pumps have been unwittingly the vehicle for the spread of the disease. Even as recently as the late 1930's, when there was a temporary lapse in the vigilance of water supply methods, there was the severe outbreak of typhoid in the Croydon district of Surrey when many poeple lost their lives.

So much then for the wholesomeness of our water supplies, but what about their adequacy? And here we need again to refer to the table to see that the next largest single item of consumption is 6 gallons per head per day for sanitary arrangements.

This is the supply required for the water carriage system of sanitation and a moment's reflection would convince anyone that without this there just could not be our present way of living. Multi-storey buildings would be quite out of the question, skyscrapers would be impossible, so would hotels, office blocks, and factories, in fact without such a system our way of life could not have developed.

Today, the development of a country has come to be measured by the standard of its plumbing. This is not at all fantastic, and is on the contrary a logical development as the standard of the people is raised and greater and greater concentrations of population are forced upon us.

The disposal of human waste matter is something which requires to be done inoffensively, expeditiously, quietly, at all hours of the day or night, whatever the weather and in such a manner that will guard against the possibility of contamination of food and water supplies. The physical task of this is immense, but the fact that all these requirements are met is solely due to the properties of water and an adequacy of supply.

Don't waste water, use it with intelligence, revel in its freshness, and be thankful to Mother Nature for her gifts and benignancy to these islands.

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THE FOOD HYGIENE REGULATIONS, 1955

A SUMMARY of the above regulations are set out below for the information of occupiers of food premises, etc., engaged in the handling of food.

The summary sets out the principal requirements of the regulations. A copy of the full regulations is obtainable, price 6d., through any bookseller or direct from H.M. Stationery Office.

GENERAL

Unsanitary premises, stalls or places must not be used to carry on a food business nor must any premises, etc., be used for this purpose if by reason of the situation, construction or condition, food is exposed to the risk of contamination.

Equipment must be kept clean and be constructed of such material, and kept in such condition, as to:—

(i) enable them to be thoroughly cleansed;
(ii) prevent any matter being absorbed by them;
(iii) prevent risk of contamination of the food.

Containers must be protected and kept free from all risk of contamination.

From 1st July, 1956, no food for preparation or packing may be given out by anyone carrying on a food business* to another person for reward to be carried out on domestic premises except his own.

NOTE.—" Food Business " means any trade or business for the purposes of which any person engages in the handling of food. Clubs, canteens and schools are included, whether carried on for profit or not.

PERSONS HANDLING FOOD

Food must be protected from risk of contamination and not placed where it is exposed to such risk.

Food must not be put in a forecourt, yard or market nor on a stall lower than eighteen inches from the ground unless it has been protected in an adequate manner.

Any clothing and parts of the person must be kept as clean as reasonably practical where contact with food is likely.

Waterproof dressings must be used to cover any abrasions or cuts.

There must be NO spitting, usage of tobacco or snuff whilst handling open food or in a food room where there is open food.

All precautions as are reasonably practicable to avoid contamination must be taken where food is carried in a vehicle or container with any article likely to cause contamination.

Paper or wrapping material for open food must be clean. Newspapers may only be used for wrapping uncooked vegetables.

If a person becomes aware that he is suffering from or is a carrier of any infection likely to set up food poisoning he must immediately inform his employer or owner of the business, who must notify the Medical Officer of Health of his district immediately.

FOOD PREMISES

In a food room there must not be a fresh air intake of any ventilation pipe of the soil drainage system of the establishment. Inlets to drainage systems must be trapped.

No cistern for supplying water to a food room may supply a toilet except by means of an efficient flushing cistern.

Sanitary conveniences must be kept clean and efficient and be situated so that no offensive odours penetrate to any food room.

They must be properly ventilated and lighted.

No food room may contain a toilet and if it communicates with a room containing one, it must not be used for open food handling or for equipment cleaning.

A notice must be exhibited in every toilet instructing users to wash their hands after using the convenience.

A clean and wholesome supply of water must be provided and maintained.

Suitable and sufficient wash hand basins must be provided in convenient positions with an adequate supply of both hot and cold water.

Soap, nail brushes, detergents and clean towels must be provided. Wash basins must be kept clean.

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ESSEX

Telephone : Romford 792

WHOLESALE GROCERS
CONFECTIONERS AND
SUNDRIESMEN

Regular Service, Personal Attention and Quick Deliveries

2

FOR UNSURPASSED HYGIENIC STANDARDS

GOLD MEDALLISTS

KEMMILL BAKERY

High-Class Bakers and Confectioners

WEDDING & BIRTHDAY CAKES A SPECIALITY

*

47 COLLIER ROW LANE, ROMFORD, ESSEX

Telephone : ROMFORD 61561

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First aid materials (bandages, dressings and antiseptics) must be provided.

Cupboards or lockers must be provided for employees' clothing and footwear not worn when working.

Suitable sinks or other facilities must be provided for washing food and equipment, sinks must be provided with hot and cold water.

These facilities must be kept clean and supplies of soap, detergents and clean cloths, etc., provided.

Food rooms must be properly lighted and except in the case of humidity or temperature controlled chambers, properly ventilated.

Food rooms must not be used as sleeping places or vice versa.

Open food must not be handled in a food room which communicates with a sleeping place.

Walls, floors, doors, windows, ceilings and all parts of the structure of food rooms must be kept clean, in good repair and in such condition that they can be efficiently cleaned and that infestation by pests is prevented.

No refuse may be deposited or allowed to accumulate in a food room unless unavoidable.

STALLS

Name and address of person carrying on business must be conspicuously displayed.

Stalls must be kept clean, in good repair and suitably lighted.

Stalls must be covered and screened at sides and back where meat, game, poultry or fish is sold.

Suitable receptacles, constructed of impervious material and with close-fitting lids, must be provided for waste and rubbish.

Where open food for immediate consumption is sold there must be adequate supplies of hot and cold water, soap, nail brushes and clean towels. Suitable facilities for washing food and equipment, including soap, detergent and clean cloths, must be provided.

TRANSPORT AND CARRYING OF MEAT

Vehicles for meat transport must be covered vans. Floors of vehicle must be impervious or fitted with removable duckboards. All equipment must be kept clean. Offal must be carried in clean impervious receptacles.

Persons handling and carrying meat, other than the distribution by a retailer to his customers, must wear clean, washable overalls and head covering.

OFFENCES AND PENALTIES

Any person guilty of an offence against the regulations shall be LIABLE TO A FINE NOT EXCEEDING £100 OR TO IMPRISONMENT FOR A TERM NOT EXCEEDING THREE MONTHS, OR TO BOTH.

THE SHOPS ACT, 1950

Environmental hygiene is of great importance both to the worker and employer and the Shops Act 1950 sets out a principle to meet this need.

The Act is divided into three parts—closing hours, conditions of employment, and health and welfare facilities.

Unlike the Food Hygiene Regulations with which this handbook is principally concerned, the health and welfare provisions of the Shops Act apply to ALL shops where persons are employed, and the employer has a statutory responsibility for providing sanitary accommodation, washing facilities, maintaining a reasonable temperature, facilities for partaking of meals when these are taken on the premises, a room should be set aside for the preparation and taking of refreshment during the break and rest periods.

CLEANLINESS is a paramount part in our daily life, not only in the home but also at our place of work. The habit of WASHING THE HANDS after using the w.c. is IMPORTANT no matter what your job may be. At some time, we handle food subsequently consumed by someone else. Were you responsible for the ABSENCE of your colleagues from work today?

The EMPLOYER must keep the various facilities in his shop clean and suitable for use; when he has done his part, the EMPLOYEE has a moral respon-

Humphrey's (Bakers) Ltd.

Caterers

Confectioners

and

Health Food Stores

54, Market Place, Romford

Phone : Romford 2040

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CHARLIES CAFÉ

(Proprietor : D. VALE)

256 RUSH GREEN RD., ROMFORD, ESSEX

Telephone : ROMFORD 2043

OPEN 7 A.M.

Cooked Breakfast

Hot Lunch

from 11.45 a.m. to 2.45 p.m.

HOME-MADE MEAT PUDDINGS & PIES

STRONG, WEAK or MEDIUM TEA 3d.

TRANSPORT PRICES

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sibility to do his share. Place rubbish in the dustbin and ensure that the lid is properly replaced, do not leave articles or rubbish strewn about the floors (this is DANGEROUS); leave the w.c. and wash hand basin in a clean condition. CLEANLINESS is your responsibility, don't leave it all to the other fellow.

By the way, is that FIRE properly GUARDED. This, too, may save a life.

HOURS OF CLOSING

For the guidance of shopkeepers the general closing hours for shops situated within the Borough of Romford are, until further notice, as follows:—

Saturday	**9.00 p.m.**
Other Days	**8.00 p.m.**
Early Closing Day	**1.00 p.m.**

EARLY CLOSING DAY

All shops within the Borough, unless otherwise exempted, must be closed for the serving of customers not later than one o'clock in the afternoon on one week-day in every week. The occupier of the shop must exhibit the requisite notice specifying the early closing day.

Shops exempted by the provisions of the First Schedule of the Act may remain open for the businesses or the trades enumerated subject to the conditions prescribed.

SUNDAY TRADING

All shops, unless otherwise exempted, must be closed for the serving of customers on Sunday. Shops may remain open for the transactions as set out in the Fifth Schedule of the Act subject to the conditions prescribed.

A last reminder—don't forget to exhibit the Shops Act notices correctly; even records have to be kept CLEAN.

The Council employ a full-time Shops Act Inspector. His advice is FREE. Don't wait for him to call on a routine visit; if you have any queries give him a ring, he will be only too pleased to call upon you and will try to solve your problems regarding the Shops Act.

Note the address :

SHOPS ACT INSPECTOR,
HEALTH DEPARTMENT,
TOWN HALL,
ROMFORD. Tel.: Romford 6040.

DISPLAY IT ★ *The notice below is issued by, and can be obtained from, the office of the Medical Officer of Health.* ★ **RESPECT IT**

BOROUGH OF ROMFORD

DOGS

In the interest of hygiene you are requested not to bring your dog into premises in which food is sold.

JAMES B. SAMSON, M.D., D.P.H.
Medical Officer of Health

WELLCOME INSTITUTE LIBRARY

Messrs.

KINLOCH (Provision Merchants) LTD.

ASHTON ROAD
HAROLD HILL
ROMFORD, ESSEX

Wholeheartedly support the Romford Borough Council's Clean Food and Hygiene Campaign

60

T. H. Peperell & Son

(Prop. H. I. C. NEESON)

High-Class Family Butchers

ENGLISH AND SCOTCH MEAT
BACON AND COOKED MEATS

Quality - Service - Satisfaction

DELIVERIES DAILY

Holder Romford Borough Clean Food Certificate

3 Heath Park Parade - Gidea Park

Telephone : HORnchurch 6398

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Noted for . . .

Prime Beef, Lamb, Pork, Veal & Poultry

OUR PRICES CUT YOUR COST OF LIVING

CLEANLINESS - QUALITY
SERVICE - CIVILITY

C. C. UPTON

68 Dagenham Road
Rush Green

Phone : ROMFORD 4900

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WHOLESALE
CONFECTIONERS & TOBACCONISTS

It's the

JAMESONS

Service that Counts

Mr. Retailer,

Visit our modern air-conditioned warehouses ! We specialize in "Wholesale Only," offering outstanding delivery service throughout Essex—take advantage of it to keep fresh goods on your shelves.

Contact us :

JAMESONS (ROMFORD) LTD.

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ROMFORD
Romford 1805

36 NORTH HILL
COLCHESTER
Colchester 2813

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Buy YOUR

Meat, Poultry and Sausages

AT

STANLEYS BUTCHERS

Always Fresh and Clean

Branches at

HAINAULT - HAROLD HILL
COLLIER ROW - BARKINGSIDE
BRENTWOOD

38

SHERRYS SNACK BAR

125 SOUTH STREET
ROMFORD

*

where

CLEANLINESS . GOOD FOOD
QUALITY · CIVILITY

go together

*

OPEN DAILY
8.30 a.m. to 11 p.m.

SUNDAYS
2.30 p.m. to 11 p.m.

51

GARTONS BUTCHERS LTD.

190 MAIN ROAD
GIDEA PARK

English and Imported MEAT
Dairy Fed Pork and Poultry

OUR MOTTO

SERVICE
CIVILITY and QUALITY

Telephone : ROMFORD 414

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IMPORTANT ANNOUNCEMENT

The Cafe Europe, of Western Road, Romford, will in future be known as the Green Lantern Restaurant (Romford). It will be under the personal proprietorship of Mr. Williams, of the Green Lantern, High Street, Hornchurch.

All old and new customers will be welcomed.

Those who know the Green Lantern, Hornchurch, will agree that personal service and excellent Lunches, Teas and Suppers will be provided at reasonable prices.

Both Restaurants are open every evening except Sunday.

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Personal Attention at . . .

KINGSTONS

—— The Modern Butchers ——

Meat prepared and sold under **hygienic** conditions

*

9 BROADWALK PARADE, COLLIER ROW, ROMFORD

32 COLLIER ROW ROAD, ROMFORD

4 RISE PARK PARADE, EASTERN AVENUE, ROMFORD

33

HOME-MADE CAKES
AND BREAD *

Baked Fresh Daily

ORDERS TAKEN

SPEIGHT'S

Home Made Bakery

WEDDING CAKES and BIRTHDAY CAKES

A SPECIALITY

45 LONDON ROAD, ROMFORD

Tel. 6336

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H. W. WALLEN

94, PETERSFIELD AVENUE
ROMFORD

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HIGH CLASS

Family Butcher

Telephone:
INGREBORNE 2607

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W. H. RICHARDSON

8, CHASE CROSS ROAD ROMFORD

GROCERY and HARDWARE

FREE DELIVERY ROMFORD AREA

PROVIDENT CHEQUES TAKEN Telephone: Romford 4525

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Tel. 2369

TIM DRAKE • *Butcher*

7 CHASE CROSS RD., COLLIER ROW, ROMFORD

For PRIME ENGLISH & SCOTCH BEEF - ENGLISH PORK - VEAL
FIRST GRADE NEW ZEALAND LAMB

During warm weather all meat on display is safeguarded from insects and kept absolutely fresh by our refrigerated unit

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Tel. : ROMFORD 391 ESTABLISHED 1919

G. PERRY

for

Fish, Poultry and Game

HOTELS, RESTAURANTS & CANTEENS
CATERED FOR

16 MAWNEYS ROAD · ROMFORD

54

LAWNS CAFÉ

FOR SWIFT HYGIENIC SERVICE

A MEAL ALWAYS READY HOT OR COLD

OPEN from 7.30 a.m.—5 p.m. Saturdays 7.30 a.m.—12 noon

55 COLLIER ROW LANE

Telephone : Romford 1327

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W. B. Girling

317, BRENTWOOD ROAD
ROMFORD

•

BUTCHER

•

Telephone: HORNCHURCH 6676

55

ESSEX BREEZE

DANES ROAD - CROW LANE - ROMFORD

Telephone : ROMFORD 5671

BREEZE & PRECAST PARTITION BLOCKS

Reasonable Prices and Satisfaction Guaranteed

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AUSTIN for you

at

Insurance Effected

Hire Purchase Arranged

HEATH PARK ENGINEERING CO. LTD.

BRENTWOOD ROAD - ROMFORD

Phone : **Hornchurch 6741/2**

74

Telephone: ROMFORD 5538

KNIGHTBRIDGE

FAMILY BUTCHERS

The Green, Havering-atte-Bower

Romford

56

Telephone : ROM 6988

B. & S. ENGINEERING

25 MARKET PLACE, ROMFORD

SPECIALISTS IN CAR SPRINGS & CHASSIS REPAIRS
ARC WELDING GAS WELDING

ORNAMENTAL IRON GATES

99

EDWARD T. ROBERTS

(SOFT SOLE SHOES) LIMITED

Are pleased to be associated with
The Romford Clean Food Campaign

90 QUEEN STREET - ROMFORD - ESSEX

Telephone : ROMFORD 3827

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M. & J. TOOLS CO.

METAL STAMPERS - TOOLMAKERS
ENGINEERS

Milestone Industrial Estate
236 London Road, Romford

Telephone : ROMFORD 8474

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"I'd like to work for Regentone *"

More and more young people are saying "I'd like to work for Regentone." That's quite natural because the new factory in Eastern Avenue, Romford, is one of the most modern mechanised factories in the country. Mr. Harries, Chairman, insists on ideal working conditions, good pay, with all modern facilities for his staff. "Look after the workers," is his motto.

The staff are proud of the big part they play in supplying the country with the famous Regentone range of Radio and Television Receivers, Radiograms and Record Players.

*** This happy firm offers wonderful careers to all grades of staff. Apply to the Personnel Manager.**

Regentone

RADIO & TELEVISION LIMITED

EASTERN AVENUE - MAWNEYS - ROMFORD - PHONE: ROMFORD 5991/7

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Ford

from

CHAS. H. ALLEN LTD.

of

ROMFORD

ROMFORD 5091 (3 Lines)

ROMFORD 2468 (3 Lines)